



USAG-HI COMMUNITY NEWSLETTER

October 1, 2009



1. COMMUNITY

USAG-Oahu	Commander	LTC Richard Gledhill	438-0428
Schofield Bks	Oahu North Community Director	James Brown	655-8978
	Deputy Community Director	Mel Wright	655-1252
Fort Shafter	Oahu South Community Director	Mark Young	438-6996
	Deputy Community Director	Rosey Stone	438-6147

2. FAMILY AND MORALE, WELFARE AND RECREATION (FMWR)

Rocktoberfest - Mark your calendars for Friday, 9 October. The Nehelani will be hosting Rocktoberfest! Come and enjoy German food, fun activities and a live band. The fun starts at 1600 at the Nehelani! Serving lines will be open from 1630-2030. Look for more information to come regarding where you can get your ticket to this event. Call 655-4466/0660.

Waikiki Express - Your FREE personal chauffeur travels now on pay day Fridays! The bus will travel 16 and 31 October, 2100-0400 both days. The bus picks up on Schofield Barracks and Fort Shafter and takes you down to play in Waikiki, hassle-free. Play all night long and leave the driving to us. Tickets are free, but you must have a ticket to ride. Tickets are available at both Information, Ticketing and Registration (ITR) offices. Call 655-9971/438-1985.

Library Programs - The libraries have tons of fun on tap for you during October! Enjoy episodes of various hit anime and swap old manga for new to you titles on 16 Oct, 1800-2000 at SGT Yano Library. Participate in Banned Books Week through 10 October or the Teen Read Week program 18-24 October. Also enjoy the Young Readers Book Club on 1 and 15 Oct at 1730 both days, or weekly preschool story times and afterschool activities scheduled throughout the month. Call 655-8001.

Tropics Entertainment - Tons of entertainment options are available this month at the Tropics Recreation Center, Schofield Barracks. Family Fun Fridays take place on 2 and 16 October. As always, enjoy free Papa John's pizza, fun and games, and tons more! Don't forget karaoke Tuesdays every week, the Texas Hold 'Em Tournament on 15 October and the Sand Volleyball Series on 24 October. Call 655-5698.

Outdoor Adventures - Join us for a ton of fun-in-the-sun adventures throughout October. Enjoy a free Fishing 101 class on 7 October or a shoreline fishing excursion on 9 October. Explore the island with a hike on 10 October or kayaking on 11 October. Try your hand at the Evening Surf Patrol on 15 October or the Ocean Splash Camp on 17 October. Enjoy a snorkeling adventure on 24 October or a biking adventure on 25 October. Not enough? Go surfing again on 29 or 31 October. Whatever your outdoor interest, we've got you covered all month long! Call 655-0143.

Arts & Crafts - Have you visited the Schofield Barracks Arts and Crafts Center lately? If not, you don't know what you're missing! In the month of October, you could learn how to paint, draw, or take up scrapbooking. Maybe you've always been curious about pottery and want to try painting some ceramics or even wheel-throwing. Sewing and quilting are also always available. If you need to keep

the kids busy, stop by for our keiki art classes or mom and tot / toddler art sessions. All of these programs are available on a weekly basis. Call 655-4202.

Big R: Countdown to Redeployment - Celebrate another month of deployment complete with your Blue Star Card Ohana on Tuesday, 20 October, 1800-2000, at the Nehelani. We will be experiencing the local culture by learning some of the vibrant and exuberant moves of Tahitian dance. Join us to learn how to “shake it” like the luau performers and also learn the difference between Tahitian and traditional hula movements. Light pupus and childcare will be provided but spaces are limited. To register to attend this event or to reserve childcare, please call 656-3327 or email Sarah.chadwick@us.army.mil by 14 October.

Halloween Happenings - All princesses, zombies, fairies, ghosts, and other fabulous creatures are invited to a Costume Party at SGT Yano Library. Bring your cameras for photo opportunities in the Pumpkin Patch and be prepared to be scared in the Mad Scientist's Haunted House. Hope to see you all on Wed, 28 October, between 1500 and 1600. Blue Star Card holders can stop by for a special fall photo frame! For more information or to let us know you are coming, please call 656-3327 or email Sarah.chadwick@us.army.mil by 23 October.

The SGT Yano Library Haunted House will be open this year from 1700-1800, Mon, 26 October through Thurs, 29 October and is free and open to all ages, especially children.

NEW BLUE STAR CARD BENEFIT

Blue Star Card holders now receive special discounts at the Hale Koa Hotel. Spouses with a valid Blue Star Card will receive a 10% discount on dining and entertainment at the following: Koko Café, Bibas, Hale Koa Room Restaurant, Sunday Brunch, and tickets purchased for weekly shows booked directly through the Hale Koa Activities Desk. Reservations must be made directly through the Hale Koa Activities Desk by calling 808-955-0555, ext 546. *This discount does not include alcoholic beverages and is not combinable with any other offers or discounts.*

Blue Star Card holders now receive a 10% discount on the Hawaiian Luau at the Sunset Café at the Piliiaau Army Recreation Center. Enjoy the opportunity to experience old Hawaii every 2nd and 4th Friday of the month. Dinner begins at 1800 and the show begins at 1830. For questions or reservations for a party of four or more, please call 696-4158.

Blue Star Card holders have two new special Papa John's discounts! Blue Star Card holders have their choice of one large 3-topping or specialty pizza for \$14.99, or two large 2-topping pizzas for only \$23.99! This special Blue Star Card discount may not be combined with any other offer and a valid Blue Star Card must be shown at the time of purchase. This offer is valid at any Papa John's location throughout Oahu.

Blue Star Card Program Information:

Blue Star Card is on Facebook! - Are you a Facebook fanatic? So are we! Become a fan of FMWR Hawaii and join the Blue Star Card Group Page! Stay current on all of the upcoming Blue Star Card Special Events and Activities, RSVP online to attend events, view event photos, and tag your friends with special Blue Star Card stickers. Find us and friend us today!

Health and Fitness Center STACC Site Information - The STACC site for the Health and Fitness Center will remain free for valid Blue Star Card Holders, Mon-Fri, 0800-1100, at the Kaala Community Activities Center, Bldg. 556. Registration is required. For more information, please call 655-8313.

Deploying Units - FMWR is available to come to your pre-deployment FRG meetings to explain the benefits of the Blue Star Card program and to answer questions. Please call 656-3327 for more information or to set up a meeting.

Still Need a Blue Star Card? - The Blue Star Card is a FMWR deployment discount card for spouses of deployed Soldiers. The card offers spouses discounts at FMWR facilities, activities, and special events. Blue Star Cards are valid throughout the entire deployment. For a full list of Blue Star benefits, visit the website at www.bluestarcards.hawaii.com.

Blue Star Card Email List - Are you a Blue Star Card holder but not receiving FMWR email updates? If so, please email sarah.chadwick@us.army.mil so we can register your email address for Blue Star Card updates.

FMWR Deployment Program Information - If you have any questions, comments, or feedback regarding the Blue Star Card program and FMWR deployment programs, please contact Sarah Chadwick at 656-3327 or email sarah.chadwick@us.army.mil.

Blue Star Card Holders are also encouraged to visit www.bluestarcards.hawaii.com for all the latest updates and events.

3. ARMY COMMUNITY SERVICE (ACS)

Mobilization and Deployment - Army Community Service, Tripler Army Medical Center and the Chaplains have teamed up to form Family Strong Series. This is a collaborative effort between the three agencies to provide a wide variety of resources to address challenges at all stages of deployment. To view available classes and workshops, go to the ACS webpage on the MWR website at www.mwrarmy.hawaii.com, select ACS, then welcome. Classes can be coordinated through your Family Readiness Support Assistant or Chain of Command.

FAMILY ADVOCACY EDUCATION DEPARTMENT

Are you stressed out? Could you use some creative ways to manage your anger? Join us to learn basic information for designing a personalized stress management program. To register, call 655-0596.

Date: 8 October
Time: 1300-1430
Place: AMR Community Center (CC)

Date: 8 October
Time: 1500-1630
Place: Army Community Service (ACS), SB

Anger Management - Get the tools to resolve anger in a healthy way. The Family Advocacy Prevention team offers Anger Management classes to help Army Families manage anger. To register,

call 655-0596.

Date: 15 October
Time: 1500-1630
Place: Army Community Service (ACS), SB

Date: 15 October
Time: 1300-1430
Place: AMR Community Center (CC)

Couples Communication - Provides couples with effective communication skills that can help improve relationships and break down barriers. For registration, call 655-0596.

Date: 22 October
Time: 1500-1630
Place: Army Community Service (ACS), SB

Date: 22 October
Time: 1300-1430
Place: AMR Community Center (CC)

Daddy Boot Camp - This class offers hands-on training so new dads can be confident and effective parents. To register, call 655-0596.

Date: 17 October
Time: 0900-1200
Place: Army Community Center (ACS), SB

Potty Training Your Toddler Classes - Learn all you can about potty training your child including the signs that your child is ready and how to start. To register, call 655-0596.

Date: 1 October
Time: 0900-1100
Place: AMR Community Center

Date: 2 October
Time: 0900-1100
Place: Army Community Services, (ACS), SB

Active Parenting - FAP continues to offer active parenting; however, we have switched to a new curriculum titled **1-2-3 Magic, Managing Difficult Behavior in Children 2-12**. 1-2-3 Magic, an internationally acclaimed program on child discipline, will be presented by FAP every 1st and 3rd Monday at Schofield's ACS from 0900-1100, and every 2nd and 4th Monday at the AMR Community Center from 0900-1100. The program, developed by Thomas W. Phelan, Ph.D, offers a humorous look at parenting, with a serious look at discipline. Please call Regina Peirce at 655-0596.

Ages and Stages of Infant and Child Development - Learning about normal child development will help you understand how to care for and encourage your young child. To register, call 655-0596.

Date: 20 October
Time: 0900-1100
Place: Army Community Service, ACS, SB

Baby Massage I, II, III - Babies are intuitive and their sense of touch is highly developed. Baby massage is a great activity to increase the bonding between a baby and parents. The time spent massaging your baby greatly increases communication and helps you to understand your baby's moods, needs, desires and expressions. In addition to increased bonding, there are many health benefits for your baby. Baby Massage is a three part consecutive series that is offered every month, so if a parent misses a class they can catch it in our other location or just wait until the following month. Babies should be between 4 and 8 months old. To register, call 655-4227.

Dates: 2 October
Time: 0900-1100
Place: Army Community Service (ACS), Bldg 2091, SB

Dates: 7 October
Time: 1400-1600
Place: AMR Community Center (CC)

NEW PARENT SUPPORT PROGRAM (NPSP)

The NPSP continues its mission to engage Army parents of every newborn at TAMC hospital. TAMC's OBGYN department assists the NPSP in this mission with weekly referrals. NPSP also meets with post-partum and NICU staff at TAMC to provide weekly follow-up with Families.

Resource Workshop - NPSP has a Resource Workshop available to all parents. The workshop provides important information on the Nurturing Parent curriculum, resources available in the community, and short videos on preventing shaken baby syndrome and basic newborn care. Call 655-4227.

Date: 21 October
Time: 1400-1600
Place: AMR Community Center, Bldg 1788

Date: 22 October
Time: 1400-1600
Place: SGT Yano Library, Bldg 560, SB

Newborn Care I and II - Taking care of a newborn for the first time can be scary for any parent. Come learn the basics of newborn care and make the early months special for you and your baby. Newborn care provides tips about everything from holding your baby, to diapering and bathing. This class is a two part series that is offered every month, so if a parent misses a class they can catch it in our other location or just wait until the following month. To register, call 655-4227.

Class #1
Date: 5 October
Time: 0900-1100
Place: SGT Yano Library, Bldg 560, SB

Spouse Information Meeting

October 2009

Date: 6 October
Time: 0900-1100
Place: AMR Community Center, Bldg 1788

Class #2
Date: 13 October
Time: 0900-1100
Place: AMR Community Center, Bldg 1788

Date: 15 October
Time: 0900-1100
Place: SB Library

Breast Feeding Basics - Breast feeding should be one of the most natural things in the world, but for many moms breastfeeding can be frustrating. Join our breast feeding basics class to learn about getting started with breastfeeding, overcoming challenges, and the importance of breastfeeding for your baby. Call 655-4227.

Date: 19 October
Time: 0900-1100
Place: SGT Yano Library, Bldg 560, SB

Date: 20 October
Time: 0900-1100
Place: AMR Community Center, Bldg 1788

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

Autism Support Groups - ACS EFMP continues to partner with the Community Chaplains and the Children's Community Council to offer Autism Support Groups. The groups provide Families an opportunity to share experiences, gather new information, and become knowledgeable about community resources. On-site child care will be available but children must be registered with CYSS STACC and sign up is required. Contact ACS EFMP at 655-4791 or 655-1551 for more information or child care reservations.

Date: 6 October
Time: 1800-2000
Place: AMR Chapel

Date: 14 October
Time: 1800-2000
Place: SB Main Post Chapel

SHARE Support Group

ACS EFMP has started a SHARE Support Group for EFMP Families. The groups will provide Families with an opportunity to share experiences, gather new information and become more knowledgeable about community resources. Onsite child care will be available but children must be registered with

CYSS STACC and sign up is required. Contact ACS EFMP at 655-4791 or 655-1551 for more information or child care reservations.

Date: 20 October
Time: 1800-2000
Place: AMR Chapel

Date: 28 October
Time: 1800-2000
Place: SB Main Post Chapel

Army Family Action Plan (AFAP)

ALL ABOARD!!!! AFAP 2010, "Ride the Train of Change". That's right, get on-board with your quality-of-life issues. Submit your AFAP issue for the 2010 Installation Conference today. 2010 AFAP conference dates are 26-28 Jan 2010 at the Nehelani Conference & Banquet Center, Schofield Barracks. Issue submission can be made on-line at www.mwrarmyhawaii.com, via fax at (808) 655-1654 or at the Schofield Barracks ACS, 2091 Kolekole Ave and the TAMC ACS Satellite Center, 127A Krukowski Rd. For more information about this program, contact Michael Briglin at (808) 655-1696 or via email at michael.briglin@us.army.mil.

Army Family Team Building (AFTB)

Army life can be a jungle so let AFTB help you navigate through the rough terrain. Whether you are new to Army or have been around awhile, we have something for everyone. We even have opportunities for you to become a part of the AFTB team as a volunteer!

AFTB Level I, "Welcome to the Jungle!" will be held on 7-8 October at the NCO Academy 0900-1230. This class is the beginning of the journey through the jungle and will assist you in obtaining the skills necessary to navigate your way. Level I will discuss expectations and impact of the Army lifestyle, acronyms, introduction to Family Readiness Groups, and Community Resources to name a few classes.

AFTB Level III, "King/Queen of the Jungle!" will be held 19-21 October at Army Community Service, Schofield Barracks from 0900-1230 on each day. This class is designed to sharpen your survival skills and master your military environment enabling you to become an effective leader in any domain. Free childcare is offered for these classes. Call 655-4227 for more information.

Money Matters

Breaking the Financial Bonds provides couples with ways to financially navigate divorce. Topics include marital real estate, investing, retirement and tax issues. The class will be held on 28 October, 0900-1030, at the Schofield Barracks Army Community Service. Call 655-4227 for more information.

Checkbook Maintenance: Obtain information about opening and maintaining a checking account on 7 October, 0900-1030, at Schofield Barracks Army Community Service. Call 655-4227 for more information.

Credit Management: Do you know what your credit score is? Learn how to use your credit wisely and how to improve your credit score on 14 October, 0900-1030, Schofield Barracks Army Community Service (ACS). Call 655-4227 for more information.

First Term Financial Training: This course will provide you with basic financial skills, help you develop self reliance and personal responsibility, encourage financial planning, improve money management skills and enhance personal financial literacy. The course is available 5-26 October, 0830-1600, at the Schofield Barracks Army Community Service. Call 655-4227 for more information.

Money Management: Learn the basic tools for financial success, develop a spending plan, reduce expenses and make your paycheck work for you. Classes are available on 7, 14, and 28 October, 1030-1200, Schofield Barracks Army Community Service. Call 655-4227.

The Financial Readiness Program has one-on-one personal financial counseling available by appointment. Call 655-4227 to schedule your appointment today.

Work and Careers - Employment Orientation: Kick start your job search in Hawaii! Get employment information on Federal, State, private sector and staffing agencies. See reference materials, job listings, computers, etc., that are available for use. Classes are available on 2, 9, and 23 October, 0900-1030, Schofield Barracks Army Community Service. Call 655-4227 to register today.

Relocation

Are you new to the island? Check out our free newcomers island tour that will take you around the island. The tour departs from Schofield Barracks ACS the 2nd and 4th Saturday at 0800 and from Fort Shafter Flats ACS the 3rd Wednesday at 0800 every month. Call 655-4227 or 438-4499 to get your boarding pass today!

Are you interested in learning more about Hawaiian Culture? Then Umeke (vessel) Ka'eo (knowledge) is the class for you. Join this fun and interactive class and take away a new piece of knowledge to fill your vessel. The 8-week series is held every Wednesday from 1800-2000 at Schofield Barracks ACS. Join us for one class or participate in all 8. Children 6 and up are welcome to participate as well. Call 655-4227 to find out more information.

Outreach Programs

Are you interested in learning about community resources and tasting foods from around the world? Join us 8 October, 1730-2000, HMR Community Center or 22 October, 1730-2000, AMR Community Center and bring an authentic dish from your corner of the world. For more information, call 438-4499.

First Term Financial Training. This course will provide you with basic financial skills, develop self reliance and personal responsibility, encourage financial planning, improve money management skills and enhance personal financial literacy. Classes will be held on 15 October, 0800-1530, Fort Shafter Flats Army Community Service, bldg 1599; 5 November, 0800-1500, TAMC Chapel; and 19 November, 0800-1530, Fort Shafter Flats Army Community Service, bldg 1599. Call 655-4227 for more information.

Domestic Violence and Sexual Assault Awareness classes are available upon request. Please call 655-4779 to request a class.

4. ARMED SERVICES YMCA (Dela LaFleur, 624-5645) 1262 Santos Dumont Ave, WAAF

Hours of Operation - Our office is open Monday through Friday from 0800-1400 and at other times by appointment.

Father Daughter Ball - Join us for an evening of dinner and dancing at our 3rd Annual Father Daughter Ball on Saturday, 7 November, at the Nehelani Club on Schofield. Purchase your tickets early as seating is limited.

Food Drives: 1 and 16 October at the Schofield Barracks Commissary 0900 until 1500 and 2 and 15 October at the Fort Shafter Exchange 0900 until 1500.

We will be partnering with ACS to promote Domestic Violence Awareness Month while hosting our food drive. Please plan to come out and support us on these dates. All donations will go back into the community through our Food for Families program.

Spookfest - Join us for Spookfest on Thursday, 29 October 1730-1900. This fall festival is created especially for children up to age 5 and their families. Come in costume and enjoy games, face painting, crafts and treats. Proceeds benefit the Playmorning program. The cost is \$4 in advance, \$6 at the door.

The Children's Waiting Room - Have you been putting off your medical appointment? We can help you with some of your childcare needs while you attend medical appointments on Schofield or Tripler. We have a Children's Waiting Room available to provide onsite child care for healthy children while parents or siblings attend regular medical appointments at:

	<i>Tripler Hospital</i> <i>(808) 833-1185 for reservations</i>	<i>Schofield Clinics</i> <i>(808) 624-5645 for reservations</i>
<i>Monday</i>	8-12	8-12
<i>Tuesday</i>	8-12	8-12
<i>Wednesday</i>	8-12	8-12
<i>Thursday</i>	8-12	8-12
<i>Friday</i>	8-12	8-12

Food for Families - Our emergency food locker is available to families who are experiencing financial difficulty and who could use some assistance. We generally have a supply of canned goods, frozen food, dry goods, and personal care items. We also gratefully accept donations of non-perishable items to replenish our food supply. Please call 624-5645 for information.

Playmorning - This family interactive playgroup is designed for children up to age 5 and their parents or caregivers. No registration is required but there is a fee of \$1 per child to help cover the cost of supplies. The program is offered at the following locations from 0900-1030:

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Wheeler ASYMCA	Helemano Community Ctr & Iroquois Point Elementary School	Wheeler ASYMCA & Iroquois Point Elementary School	Helemano Community Ctr & Iroquois Point Elementary School	Wheeler ASYMCA

Welcome Baby and Me - For babies under 12 months old and their parents. Babies will have the opportunity to exercise and develop their fine and large motor skills through play. **Come join us Thursday mornings 0830-1030 at the Wheeler Armed Services YMCA. \$1.00 fee per child. First visit is free!**

Would you like to be on the ASYMCA's mailing list? If so, please e-mail ASYMCAWHLR@aol.com and ask to be added.

5. JOINT SPOUSE CONFERENCE (JSC) - 2009

This year's Joint Spouse Conference will be held on 16 October at the Nehelani with workshops at various locations throughout Schofield Barracks. The theme for the Conference is Celebrate Unity & Friendship. Ms. Patti Shinseki will be guest speaker. Conference participants will have over 70 workshops to choose from. Free child care is available and transportation will be provided to all workshops. The \$35.00 registration fee includes 3 meals and 6 workshop sessions.

6. UNITED SERVICE ORGANIZATIONS (USO) Nicole Darity, Programs Manager, 836-3351

Volunteers are needed for Hickam USO and for the Deployment / Re-deployment Support Program. Please contact Elaine Ota at 448-9966 or email eota@uso.org for more information.

The Airport USO continues to offer the Gate Pass Program in support of OIF / OEF. Family members are asked to arrive at the USO at least an hour prior to the flight they wish to meet to fill out proper paperwork. Command members are asked to send a complete listing to William Johnson (wjohnson@uso.org) at least one day prior to flight arrival.

On 4 October the USO will have a booth at this year's Children and Youth Day at the State Capital. Please plan on stopping by to see what activities are offered.

USO Hawaii will participate in Jumpstart for Reading's *Read for the Record* on Wednesday, 8 Oct. The book of choice this year is *The Very Hungry Caterpillar*. Please contact Nicole at ndarity@uso.org for participation or more details.

For further information on USO Hawaii, please visit our website: www.uso.org/hawaii.

7. TRIPLER ARMY MEDICAL CENTER (TAMC), JANET CLARK, 433-2809

Seasonal flu vaccinations for all TRICARE-enrolled beneficiaries have begun at the Schofield Barracks Health Clinic and the Tripler Army Medical Center.

"The good news is that we received ample supplies of the seasonal flu vaccines early this year, in both the nasal spray and shot forms," said COL (Dr.) Michael Sigmon, chief of preventive medicine at Tripler. "Our first priority is active duty Soldiers, especially those who are deploying soon. But we've received enough supplies to begin vaccinating Army family members and military retirees earlier than we did last year," Sigmon said. All TRICARE beneficiaries empanelled (enrolled) at the Schofield Health Clinic can get vaccinated without appointments at its family practice, immunization and pediatric clinics during normal business hours.

At Tripler, those 18 years and older can walk into the allergy and immunization clinic on Tuesdays 1300 - 1500 and Wednesdays and Fridays 0900 - 1130. Tripler pediatric and adolescent clinics are already vaccinating walk-ins.

Beneficiaries are reminded to bring their military identification cards and immunization records for their vaccinations. More information is available from your primary care provider, the Oahu Joint Services Flu Hotline (433-1FLU) or the "Fight the Flu" web page on the Tripler website (www.tamc.amedd.army.mil).

Sigmon, who chairs the Joint Public Health Emergency Working Group, said that the Air Force and Navy clinics on Oahu have also received their seasonal flu vaccine supplies and should be vaccinating all of their TRICARE beneficiaries soon. The Working Group annually coordinates the flu vaccination program for all the military services on Oahu.

"Vaccinations are just one way to protect you and your loved ones," Sigmon said. "Frequent and thorough hand washing, proper cough etiquette, and staying at home until you have no fever for 24 hours are also very important, unless you're a health care worker. Then it should be seven days."

More information is available at the DHHS and CDC websites: www.flu.gov and www.cdc.gov/flu.

All TRICARE beneficiaries empanelled (enrolled) at the Schofield Health Clinic can get vaccinated without appointments at its family practice, immunization and pediatric clinics during normal business hours.

Military Shopping Centers	
Hickam BX	Sat - 24 Oct 0900 - 1400
Pearl Harbor NEX	Sat - 7 & 13 Nov 0900 - 1400
Kaneohe Bay MCX	Sun - 15 Nov 0900 - 1400
Schofield PX	Sat - 21 Nov 0900 - 1400

School Age Children's (SAC) 2009-2010 Influenza Program

The schedule for students K-8 enrolled in and who have returned consent forms to the school listed below. Parents should check with schools for the latest information.

Barbers Point Elementary	15 OCT	0730-1200
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Iroquois Elementary	22 OCT	0730-1200
Solomon Elementary	29 OCT	0800-1400
Pearl Harbor Kai	03 NOV	0930-1400
Navy Hale Keiki School	05 NOV	0800-1030
Shafter Elementary	09 NOV	0800-1130
Wheeler Elementary	12 NOV	0800-1200
Hickam Elementary	16 NOV	0800-1200
Wheeler Elementary	18 NOV	0800-1200
Hale Kula Elementary	19 NOV	0730-1400
Mokapu Elementary	19 NOV	0730-1200



People who should get a seasonal flu vaccination each year include:

(from “Key Facts about Seasonal Influenza (Flu)” on CDC website: www.cdc.gov/flu):

1. Children aged 6 months up to their 19th birthday
2. Pregnant women
3. People 50 years of age and older
4. People of any age with certain chronic medical conditions
5. People who live in nursing homes and other long-term care facilities
6. People who live with or care for those at high risk for complications from flu, including:
 - a. Health care workers
 - b. Household contacts of persons at high risk for complications from the flu
 - c. Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

What actions can I take to protect myself and my family against both seasonal flu and 2009 H1N1 flu this year?

(from “Questions & Answers about the 2009-2010 Flu Season” on CDC website: www.cdc.gov/flu).

The CDC recommends a yearly seasonal [flu vaccine](#) as the first and most important step in protecting against seasonal flu. While there are many different flu viruses, the seasonal flu vaccine protects against the three main seasonal flu strains that research indicates will cause the most illness during the flu season. The seasonal flu vaccine will not provide protection against the new H1N1 influenza;

however, a [2009 H1N1 vaccine](#) is currently in production and is expected to be ready for the public in the fall. The 2009 H1N1 vaccine is not intended to replace the seasonal flu vaccine – it is intended to be used along-side seasonal flu vaccine. In addition, there are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, an alcohol-based hand rub can be used.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

Tripler Army Medical Center and Schofield Barracks Health Clinic: The Customers Relations Offices (Patient Advocates) serve as the point of contact for all compliments, suggestions and concerns regarding care and services. At Tripler, the CRO is located near the mountainside entrance, 4th floor, G wing. Hours are 0730 - 1600 Monday-Friday. For assistance, please walk in or contact the office via phone at 808-433-6336, or email tamc.cro@amedd.army.mil. Visit the Tripler home page located at www.tamc.amedd.army.mil for up-to-date hospital information and access to a variety of service links.

8. SCHEDULED EVENTS

Oahu North

Town Hall

26 Jan 2010, 1830-1930, Post Conference Room (Lg Rm)

25 May 2010, 1830-1930, Post Conference Room (Lg Rm)

21 Sep 2010, 1830-1930, Post Conference Room (Lg Rm)

ONCD PX/Commissary/Nehelani Advisory Council:

7 Dec 09, 1015-1115, Nehelani (following SIMS Meeting)

Oahu South

Town Hall

7 Oct 09, 1830-1930, Wednesday, AMR Chapel

Fort Shafter PXMarket/ Council Meeting

14 Oct 09, 1000-1100, Wednesday, Bldg 1599, Conference Rm #115, Fort Shafter Flats

9. NEWSLETTER AND MEETING INFORMATION

Website: The Newsletter is also available on the Division Website at www.25idl.army.mil.

Spouse Information Meeting POC: Ms. Linda Keller at Linda.keller@us.army.mil.

Email Article Submissions by the 3rd Friday of Every Month to: jocelyn.shimada@us.army.mil.

Next SIMS North Meeting: 5 Oct 09, 0900, Nehelani. Please send any related concerns/changes to SGT Ryan McCarty at ryan.k.mccarty@us.army.mil.

Next SIMS South Meeting: 7 Oct 09, 0900, Hale Ikena, Fort Shafter. Please send any related concerns/changes to Leighton Siu at leighton.siu@us.army.mil.